# MID·IOWA HEALTH FOUNDATION

FINAL REPORT

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- Grantees must complete the Final Report at the end of the grant period. **Applications for subsequent year funding must include an interim report based on this Final Report format before the new application will be considered.** If you have questions about either the Final Report or an application, please contact the Foundation at 277-6411.
- Please complete this Final Report Form by typing directly into the document using the following format. You can save the document to your system and return to it as needed. If a question is not applicable to your grant, please indicate "NA" (not applicable).
- Completed Final Reports may be a maximum of four pages in length. Final reports may be e-mailed to **dswartz@midiowahealth.org.** Or print and submit the completed Final Report to the above address.
- Please send a photograph(s) of project activities that may be used in Foundation publications. Digital photos (preferred) may be e-mailed to <a href="mailed">dswartz@midiowahealth.org</a>.

## Organization

Date February 16, 2007

**Lead Organization Name** Iowa Head Start Association

**Address** Grimes State Office Building

City Des Moines State Zip+4

**Telephone Number** 515 242 6024

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## Project/Program

Project/program title: Healthy Smiles

Period covered by this report: 11/04 to 12/05 Interim or final report?

Report prepared by (name and title) Marcia Manter, Healthy Smiles Coordinator

Tom Rendon, Iowa Head Start Collaboration Director

### Evaluation

#### What health improvements did this project/program make for the target population?

Healthy Smiles had three target populations: home visiting programs, such as Head Start, Empowerment, Parents as Teachers, and other home visiting programs in Iowa; home visitors providing education and resources to families, and families receiving home visits. The program worked toward the vision of cavity-free children. Home visitors and families gained awareness, knowledge, and skills to accomplish that goal.

Of your project/program's target population, how many total did you serve? And how many did you serve in each activity area? Healthy Smiles served 390 home visitors and home visiting program administrators through the orientation and skill-building workshops. More than 1300 families were served in home visits.

How are people better off as a result of your project/program? Please include both numbers and percentages of the total population served.

The families received knowledge on a variety of topics designed to strengthen their capacities to keep their children cavity free: the process of tooth decay; oral hygiene for children and adults; role of fluoride varnish and fluoridated water in strengthen tooth enamel; impact of sugars and starches/processed foods on teeth; impact of grazing – continually eating foods high in sugar and starches/processed foods; roles of dental professionals in keeping children cavity-free; steps to have a positive dental office visit. As a result of oral health being incorporated into home visiting curricula, parents began paying more attention to their children's teeth, oral hygiene and eating practices, as well as having a community dentist.

Home visiting programs received an oral health education system, which included suggestions for procedures, staff goals for parent education, parent education curricula, parent education materials, staff training, and Internet resources for staff continuing education. Home visitors received knowledge and skills on strategies for keeping children cavity free, including risk assessment criteria, oral hygiene protocol, fluoride varnish, nutrition and eating practices, as well as establishing a dental home. They learned from parents that information well presented and reinforced helps families include new practices for their children and themselves.

Healthy Smiles resulted in programs having more capable home visitors educating parents about oral health: Better able to engage families and children, to each parents important information about caring for their children, to train parents in skills to care for their children, to use resource materials in teaching and training parents, to motivate parents to adopt healthier habits.

Was it necessary to make changes in the proposed project/program? Please describe changes, modifications, improvements in quality or capacity to the project/program.

The original project included five training teams of three trainers each, representing hygienists, nurses, home visitors, and parents. Four teams had a hygienist and a nurse; one team had hygienist, nurse, and home visitors. None had parents. Four of the five training teams had two trainers; one had four trainers. Healthy Smiles orientation and skill-building workshops proved so popular that we received requests to host additional sessions, 3 additional orientation and 3 additional skill-building workshops. To date, we have received five requests for additional workshops. Healthy Smiles Home Visiting ToolKits were also very popular. Home visitors serving families speaking Spanish requested Healthy Smiles flipcharts and other materials in Spanish

What did you learn from this program/project? Please describe knowledge gained about the target population, service delivery, the result you proposed to affect.

Parents, home visitors, and home visiting programs embraced Healthy Smiles. Programs are incorporating the oral health into their home visiting education plans for families. Through documentation on Healthy Smiles Risk Assessment, we learned that the majority of children were receiving fluoride varnish treatments, and most families had a community dentist that treated children.

Do you plan to continue this project after the grant period? If so, how will this project be funded?

Perhaps. Healthy Smiles has received requests to conduct additional workshops for home visitors. Healthy Smiles Management Team has not yet made a decision about ways to meet the requests.

**Did the Mid-lowa Health Foundation grant help you leverage additional resources for the project?** If yes, please specify. 0 Yes, Delta Dental of lowa provided resources to expand Healthy Smiles to home visiting programs throughout the state.

Signature of Administrative Official		Date